



# IMPORTANCE OF PHYSICAL EDUCATION IN SCHOOLS

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## ABSTRACT

In today's world physical education is essential. Man can live healthy and better life only by doing physical exercise. Today new and new diseases are emerging and have made big harm to man's body. Man's life has become dependent on medicines. Through physical education man can live his day-to-day life healthily. Physical education plays an important role in man's development and proves helpful for better physical, mental, social, emotional and spiritual life. Here the author wants to introduce the importance of physical education in our schools. We know that healthy mind lies in healthy body. This paper describes about the very basics of physical education to the importance of physical education in our schools.

**KEYTERMS:** Physical education, definitions of physical education, need for physical education.

## INTRODUCTION:

Majority of the schools have made physical education an essential part of their education program because they know that physical education plays a key role in the development of a student's life. This is because of the fact students who participate in physical activities are always happier and healthier than those students that spend all their time studying. It has been known physical activities help in providing more oxygen to the heart and brain and allows the body to maintain a balance between physical and mental health.

Schools should consider several factors in the development of physical activities and one of those is the age of the student. Schools need to have age-appropriate physical education programs for students. Many schools have cut back on their physical education programmes, placing greater emphasis on academics as they strive to prepare students for college and the workforce. Yet research shows that adults who had regular PE classes in school are more than twice as likely to be physically active as their non-PE counterparts.

## MEANING AND DEFINITIONS OF PHYSICAL EDUCATION:

Physical Education aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students' confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in Physical Education, provide a good foundation for students' lifelong and life wide learning. Physical education is a course taught in school that focuses on developing physical fitness and the ability to perform and enjoy day-to-day physical activities with ease. Kids also develop skills necessary to participate in a wide range of activities, such as soccer, basketball, or swimming. Regular physical education classes prepare kids to be physically and mentally active, fit, and healthy into adulthood.

An effective physical education program should include engaging lessons, trained P.E. teachers, adequate instructional periods, and student evaluation. A balanced physical education program provides each student with an opportunity to develop into a physically-educated person; one who learns skills necessary to perform a variety of physical activities is physically fit, participates regularly in physical activity, knows the benefits from involvement in physical activity and its contributions to a healthy lifestyle. For all students to become physically educated, instruction is designed for all students with special consideration for students who need help the most, less skilled students and students with disabilities. Students who are skilled and blessed with innate ability have many opportunities to learn. All students must feel successful if they are expected to enjoy and value physical activity. Activity is the basis of the program and offers opportunities for repetition and refinement of physical skills. Activities are success oriented so students are motivated to continue.

According to the National Association of Sports and Physical Education, physical education consists of four components: opportunity to learn, meaningful content, appropriate instruction and student and program assessment. Physical education helps students develop a positive attitude towards physical activity and adopt healthy and active lifestyles. A quality physical education program provides developmentally appropriate curriculum and meets the needs of each student. Lessons should be designed to provide maximum opportunities for inclusion of all students. Homework assignments should support learning and prac-

tice of skill development. Physical education programs should place emphasis on student learning and skill development that can potentially result in a lifetime of physical activity for students. The curriculum is based on national standards that illustrate what students should know and be able to do. Programs include motor skill development to aid in the physical, mental and socio emotional development of students. Physical activities should be fun and not be withheld as punishment, because students may grow to hate the activity.

A quality program teaches students to cooperate, play fair and participate responsibly in physical activity. Students learn self-management skills, such as setting goals and self-monitoring. Assessment is vital and should be an ongoing component of the program. Furthermore, self-assessment reinforces learning and skill development. A quality physical education program has the potential to make four unique contributions to the lives of students: (1) daily physical activity, (2) a personalized level of physical fitness, (3) development Course-of competency in a variety of physical and sport skills, and (4) acquiring the requisite knowledge for living an active and healthy lifestyle.

To define physical education, we need to say that it is an educational process that aims to improve human development and performance through physical activity. In a broader context, physical education is defined as a process of learning through physical activities designed to improve physical fitness, develop motor skills, knowledge and behaviour of healthy and active living, sportsmanship, and emotional intelligence. Thus, Physical Education is not only aimed at physical development but also includes the development of the individual as a whole.

Barrow defined Physical Education as 'an educational objective' is achieved by means of big muscle activities involving sports, games, gymnastics, dance and exercise'.

Physical education is a process through which an individual obtains optimal, physical, mental and social skills - Lumpkin (1986).

Physical education is a meaningful and worthwhile experience obtained through participation in physical activities that are physically wholesome mentally stimulating and satisfying and socially sound. - William (1966).

Physical education is an educational process that has its aim, the improvement of human performance through the medium of physical activities 4 selection to realize this outcome. Physical education includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optimal health and well being the attainment of knowledge the growth of positive attitude towards physical activity. - Bucher (1989).

"Physical Education is the sum of man's physical activities selected as a kind and conducted as to outcomes" - Jesse Feiring Williams

## AIMS OF PHYSICAL EDUCATION:

The aim of physical education is to enable the student to:

- appreciate and understand the value of physical education and its relationship to a healthy, active lifestyle
- work to their optimal level of physical fitness
- become aware of movement as a creative medium connected to communica-

tion, expression and aesthetic appreciation

- develop the motor skills necessary to participate successfully in a variety of physical activities experience enjoyment and satisfaction through physical activity develop social skills that demonstrate the importance of teamwork and cooperation in group activities
- demonstrate a high level of interest and personal engagement showing initiative, enthusiasm and commitment
- show knowledge and understanding in a variety of physical activities and evaluate their own and others' performances
- demonstrate the ability to critically reflect upon physical activity in both a local and intercultural context
- demonstrate the ability and enthusiasm to pass on to others in the community the knowledge, skills and techniques that have been learned.

#### OBJECTIVES OF PHYSICAL EDUCATION:

- To create opportunities for big muscle activity in order to facilitate the growth and development of the body.
- To sustain the child's interest in and love of physical activity by teaching activities based on the needs, interests and abilities of all children.
- To develop neuro-muscular skills so that they participate in various activities such as running, jumping, rowing, and catching and so on.
- To inculcate moral values such as fair play, team spirit, sportsmanship and respect for fellow players.
- To understand the need to abide by the rules and regulations of the games and sports.
- To create an awareness of the safety and first aid measures to be taken in sports and games.
- To teach recreational activities which may be useful during the leisure time of the child
- To orient the children to different aspects of health as it relates to physical education
- To enable the children to identify the link between physical education and other subjects.

#### SCOPE OF PHYSICAL EDUCATION

Physical Education is a very developed area and it has a very wide scope. Today, it is not limited to various kinds of physical exercises. All the factors or activities which help in developing an individual's personality are included in it now. It consists of all the areas or facets of human activities. Now, knowledge of physical education or participation in physical activities are not concerned important only for the school going students, but also for people of all ages and both the sex. Whatever may be the physical abilities of individuals, all the persons should participate in different kinds of physical activities.

The objective of physical education programme is not only to train or create outstanding players, but another important objective it has is to maintain the health of all the people using or participating in it. Today, programmes of physical education are prepared in such a way that needs and requirements of all the people get fulfilled. According to the age and requirements of people participating in the activities, one should prepare the programme carefully.

Various kinds of programmes can be prepared, some of which are Service Programme, Intramural and Extramural programme and Fitness and Recreational Programme. The programme in which importance is provided to the instructional aspect is termed as service programme. Such programme in which provide opportunities to develop the skills and abilities to all the participants is termed as intramural programme. When in competitions, players of different region or parts take part, it is termed as extramural programmes while the programme which provides fun, thrill, action and skill to the participants is known as fitness and recreational programme.

#### NEED FOR PHYSICAL EDUCATION:

Physical education refers to the process of imparting systematic instructions in physical exercise, sports, games, and hygiene. The term is generally used for the physical education programs at schools and colleges. Education aims at the training of the body, mind, and conduct of a student. To keep a healthy mind within a healthy body, a student needs regular physical exercise. The brain of students gets tired after schoolwork. His mind refuses to work. Therefore, for diversion and refreshment of mind, he requires some organized forms of physical and mental work. Physical education forms an important part of modern education. Almost every school can boast of a playground, and one or two teams.

In every modern school and colleges, after class work, students join various sports and games. The students generally take to all kinds of physical activities and show a great deal of interest in them. Various kinds of games, sports, and physical exercises are taught in schools as part of physical education program. Some of them are outdoor, others indoor.

The outdoor games include football, hockey, cricket, tennis, badminton, volleyball, and so on. Sports include popular pastimes like swimming, boating, athletic activities like pole jump, long jump, racing, and javelin throwing. Students are also taught physical exercises to improve and maintain good health. "The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you use your talent you produce outstanding results." - Anthony Robbins

#### IMPORTANCE OF PHYSICAL EDUCATION:

Physical education considers the child as a united whole of mental, social, moral, and physical qualities and provides for the optimum development of all these through the physical activities.

1. Physical growth and development - Physical activity must be learned; hence there is a need for thinking on the part of the intellectual mechanism, with a resulting acquisition of knowledge. Physical activities are essential for the development of a child's scientific insight, intelligence and superior type of reflective thinking.
2. Intellectual development- Physical activities must be learned; hence there is a need for thinking on the part of the intellectual mechanism, with a resulting acquisition of knowledge. Physical activities are essential for the development of a child's scientific insight, intelligence and superior type of reflective thinking.
3. Emotional development – Physical education provides opportunities to control emotions. The give and take of games and sports offer scope for both emotional release and the controlling of the emotions.
4. Social adjustment - Physical activities provide opportunity of interaction between participants and others in varied situations enabling them to learn social qualities like sportsmanship, co-operation, honesty, friendship, fellowship, courtesy, self discipline, and respect for authority which promote social adjustment of an individual.
5. Personal adjustment - Physical education gives a full and worth- while experience to the individual which help him to realize fullest self-expression and highest satisfaction from the results of his action, and thereby facilitates his personal adjustment in life.
6. Character development – Group effort, loyalty to the team and strong ties is much in evidence in play and physical activities. They provide a valuable contribution to the development of good moral character.
7. Physical fitness – Physical education through exercise and knowledge about one's body and its requirements contribute immensely to physical fitness. Regular exercise improves our physical efficiently, sense of well-being and appearance.
8. Mental development - The learning of skills, game, rules, techniques and strategies, and judgment making equip an individual to interpret new situations effectively. Physical education programme also makes an individual aware regarding the importance of sanitation, health and hygienic, prevention of disease, balance diet and health habits hereby improving his mental development.

#### CONCLUSION:

Physical education helps in developing students' competence and confidence. It helps them to take part in a wide range of physical activities that are crucial to their lives— both in and out of school. A high-quality physical education program enables all students to enjoy and succeed in many kinds of physical activities. The importance of physical education programs is to help students to develop a wide range of skills as well as gives them the ability to use tactics, strategies, and newer ideas to perform successfully both at home and school.

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